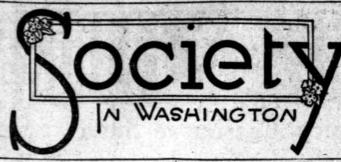
WAR SANDWICHES

ARE WHEATLESS

The U. S. Food Administration rec-ommends this wheatless sandwich

DANGER! WATCH BABY'S



Mrs. Newton D. Baker was the soloist last night at a free band concert given at Montrose Park, Georgetown, by the Engineers' Band from Washington Barracks. Miss
King, of New York, gave several interpretations of rhythmic dancing, and street dancing, which is something of a novelty in Washington and concluded a most enjoyable openair fete. The entertainment was arranged by a committee of the Georgetows. Georgetown Citizens' Association made up of Mr. Bowles, president; J. Hadley Doyle, T. Janney Brown, Dr. William Gwynn, T. J. Stanton, Frank Leach, H. C. Stuart, the Rev. Dr. Blake, the Rev. Father McDon-nell, and Capt Frederick Sullens. Mrs. Baker established something of a record when she sang for thirteen successive nights at vari-ous soldier entertainments last week and the week before. This was

The Secretary of the Interior and Mrs. Lane entertained very inform-ally at dinner last night.

Mrs. James Hamilton Lewis who ciently recovered to have returned to her apartments at the Shoreham. As soon as she feels equal to the journey she will go out to Chicago for a little visit. Senator Lewis has just landed in France, where he went at the President's request, on, it is understood, an important mis-

Henry White, chairman of the Po-tomac division of the Red Cross and formerly American ambassador to France, has gone to Newport for a short visit and is at the Break

Lieut, and Mrs. Newbold Noyes are receiving congratulations on the birth of a son. Lieut, Noyes is in France at present, and Mrs. Nove is spending the summer with her parents, Mr. and Mrs. Thomas Ewing, at Sorrento, Me., where the baby was born.

Mr. and Mrs. Frank Noves are leaving town Friday, to spend a few days in Atlantic City, after which they will go on up to Sorrento and make their new grandson's acquain-

Miss Glays Hinckley was hostess at a dinner at the Club de Vingt, last night,

Former Senator George Peabody Wetmore, of Rhode Island, who has been in Washington for a few days, has returned to Chateau-Sur-Mer, his

to York Harbor, Me., for the rest of

Experience against Experiment.

900 Drops

A Vegetable Preparation for Assimilating the Food by Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Thereby Promoting Digestion

Cheerfutness and Rest Contain

fineral, NOT NARGOTIC

Respect ONDESANTELFITOER

A helpful Remedy for

Cat H. Waterters. THE GENTAUR GOMPANY

NEW YORK.

35 Doses 35 CENTS

Copy of Wrappe

onstipation and Diarrho and Feverishness and Loss of Sleep fting therefrom in lafa

Charles Street

been much in the West since Sen-ator Newland's death, is expected back in Washington Saturday.

Lieut, Col, and Mrs, Louis Chap-pelear have returned to town after spending some time at Mrs. Pearre's camp at Bluemont, Va.

The marriage of Miss Anne Walker Meirs, daughter of Mrs. Richard Waln Meirs, of Philadelphia, to Capt. Clem-ent Newbold Taylor, 312th Field Artillery, U. S. A., will take place on Monday at "Ravenhill." Mrs. Meirs' country place near Philadelphia. Or-ders received by Capt. Taylor recently led to a hastening of preparations. Miss Meirs is a grandniece of Mrs. Miss Meirs is a grandniece of Mrs. Frederick Courtland Penfield, wife of the former American Ambassador to Austria-Hungary. She was one of three debutantes from other cities for whom Mr. and Mrs. Edson Bradley gave a dinner dance winter before last. The others were Miss Pauline Disston, of Philadelphia, now Mrs. John Waramaker, 2nd, and Miss Lorreine Allen of New York who has Lorraine Alien, of New York, who has

Announcement is made by Mrs.
Henry W. Rising, New York, from
her country place, the Moorland, at
Bass Rocks, Gloucester, Mass., of the
engagement of her daughter, Miss
Florence M. Rising, to Capt. Maurice
H. Blaise, of the French army, and
now with the French High Commission in Washington.

The list of patronesses for the lecture to be given this evening at Here's a bit of bathing suit in large the Traymore, Atlantic City, for the figured foulard of black and white benefit of the memorial fund for the persuasion. Shoulder straps and Jeanne d'Arc of Roumania, when Major Teiusanu, attache of the Roumanian legation, will make an address, are Mrs. E. T. Stotesbury,

General Flagler in overseas duty, is a unique and most enjoyable affair. visiting at Virginia Beach.

What is Castoria

ASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind

Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy

30 years, has borne the Signature of Chas. H. Fletcher, and has been made

The Kind You Have Always Bought, and which has been in use for over

and natural sleep. The Children's Panacea-The Mother's Friend.

FOR SAND BEACH SUNNING.



address, are Mrs. E. T. Stotesbury,
Mrs. Theodore V. Boynton, Mrs.
John Allan Dougherty, Mrs. W.
Chandler Stewart, Mrs. Gurney Williams, Mrs. J. Beckwith, Mrs. Frank
Reading Van Tuyl, of Seattle, and
Miss Armbold.

It is understood that Major Telusanu is expecting to go overseas
shortly, and Washington is to lose
one of its most picturesque figures. diately, decided to repay some of the Mrs. Clement A. F. Flagler, who many hospitalities that they have is making her home in Washington enjoyed with one "real party," and during the absence of Brigadier have arranged what promises to be

Brig. Gen. and Mrs. T. Q. Donald-son are expecting a visit from their son. Midshipman Augustus Hope Mrs. Adolph Caspar Miller has gone to York Harbor, Me., for the rest of the summer.

Mrs. Francis Newlands, who has The Twenty-seventh Engineers, or son are expecting a visit from their son, Midshipman Augustus Hope half being already in France, sta-Donaldson, in September, when his tioned at Camp Leach, American graduation year cruise is completed. University Park, have cards out for a reception and dance at "regimental" Mrs. Nicholas Longworth, Mrs.

EVERYDAY ETIQUETTE



Many of the co-operative laws of good manners are void in the business world. A bank president will hardly world. A bank president will hardly take time to pick up the pencil a stenographer drops. Precedence in business life goes by rank or superiority rather than by sex. The manager of a department will hardly wait for girls who wrap bundles to go through a door first, although he would be very careful to do a ware sandwiches. The corn bread sand-wiches are delicious if the bread is baked fresh on a sheet of tin or a pan on top of the camp stove, split, buttered, filled with the sandwich mixture and eaten warm. Cold corn would be very careful to do so were he to meet the same girls in his own home or in society. Business rules are founded on common sense, not chiv-

Cornmeal batter bread—Pour 1 cup-ful of boiling water over 1 cupful of granulated cornmeal and add to it 2 tablespoonfuls of fat, 1 tablespoonful of sugar, and 1-4 teaspoonfuls of salt. Allow the mixture to cool and then

of sugar, and 1-4 teaspoonfuls of salt. Allow the mixture to cool and then add 2 teaspoonfuls of baking powder, the beaten yolk of 1 egg, and ½ cupful of sweet milk. Beat well and last of all stir in the beaten white of the egg. Bake in muffin tins or on baking sheet pan. Use all measurements level. For cornbread sandwich filings chopped oil sardines mixed with oil or mayonnaise or chopped pickle are delicious and so are hard-boiled eggs mixed with dressing, or chopped cucumber and spring onion mayonnaise.

Barley brown bread—Sift together 2 baking powder, ½ teaspoonful soda, and 1 teaspoonful solt. Beat 2 eggs wind the death of the d

HOT-WEATHER FOOD

THREE CAKE RECIPES ON WHEATLESS LINES

Each of the following cakes may be made by this method:

Beat the yolks until light; add the sugar, the salt and the lemon juice. Fold in alternately the flour and the stiffly beaten whites. Sift the flour before measuring it, and measure it lightly.

These cakes are all very nice and light. Barley has characteristic flavor. The corn flour cake is especially tender, and all are of good texture. The extra lemon juice is used with rice and corn because these flours have a slightly starchy taste.

cause these flours have a slightly starchy taste.

Corn Flour Sponge Cake.—One cupful of corn flour, one cupful of sugar, four eggs, two tablespoonfuls of lemon juice, one-eighth teaspoonful of salt.

Rice Sponge Cake.—Three-quarters of a cupful of rice flour, one cupful of sugar, four eggs, two tablespoonfuls of lemon juice, one-eighth teaspoonful of salt.

Barley Sponge Cake.—One and one-third cupfuls of barley flour, one cupful of sugar, four eggs, one

one cupful of sugar, four eggs, one tablespoonful of lemon juice, one-eighth teaspoonful salt.

Economy Column

A nation at war makes three dis-tinct demands on its individual citizens—sacrifice, service, and economy.
All sacrifice. Some sacrifice their
own lives or lives dear to them in actual military service; others sacrifice material prosperity, and all sacrifice personal comforts and pleasures
which seemed the necessities of
peacetimes. Sacrifice is easy because
all meet it together and each is aware
of the participation of others. of the participation of others.

All serve. Most forms of service

involve group activity, whether it be in the army, in Red Cross or other philanthropic work, or in active in-dustrial service. No individual grudges service because all individuals give it. But economy is harder. Economy is the most personal and the most difficult form of patriotism. It is hard, it is monotonous, it is un-spectacular, and involves all the firm qualities demanded by sacrifice and service without the inspiration of cooperation and recognition. We serve and sacrifice together; we economize

alone.

The family is the primary and most important social group, and in America, as the result of custom, the woman head of the household is the lisbursed of funds-the spender of the

Here is one of the newest and best

Here is one of the newest and best definitions of economy which the housewife would do well to ponder: "Economy is not the cessation of spending. Rather it is the elimination of those fanciful and wasteful expenditures which add to the cost of living without adding to its joys." The immediate result of eliminating the cost of non-essentials is the appearance of a surplus fund, a safety-margin for use when emergency shall produce an essential not otherwise

August is the danger month for babies. Watch them carefully.

The following advice on hotweather care of babies is written by Mrs. Max West in her pamphlet on Infant Care published by the United States Children's Bureau.

"Diarrhees which is the cause of the care of the produce an essential not otherwise provided for. For instance, in peace times we "Diarrhoea, which is the cause of 8 a. m., juice of ½ orange; 1 a. m., most infant deaths, is most preva-lent during the summer. During back or 2 to 4 teaspoonfuls cooked consumed five pounds of sugar per person each month. At war prices that sugar cost 50 cents. Now we are reduced to a sugar ration of two rounds each month-an involuntary person each month. At war prices that sugar cost 50 cents. Now we are reduced to a sugar ration of two pounds each month—an involuntary saving of 30 cents. That surplus 30 cents saved and not simply diverted to another expense channel represents real economy. In the same way we have reduced the family expense for meat, and for white flour, and for candy. The money saving effected will be as much a patriotic service as the food saving—but it must be actually saved and invested in bonds or thrift stamps if it is economy and not simply transferred expense.

"I will say this for you, Margie, she wants to tie him to her belt you have always tried to live up to wants to get rid of him, whether he husband has been dead ten months or ten years, has nothing that I can remember, for the mere sake of hearing yourself the courage of your conviction and said many things that I am sure you do not want him and I am sure you as the food saving—but it must be as much a patriotic service as the food saving—but it must be actually saved and invested in bonds or thrift stamps if it is economy and not simply transferred expense.

"I will say this for you, Margie, she wants to tie him to her belt you have always tried to live up to wants to get rid of him, whether husband has been dead ten months or ten years, has nothing that I can remember, for the mere sake of hearing yourself the courage of your conviction and said many things that I am sure you do not want him and I am sure you as well as I that your auditors did not like to hear. It has always been your sincerity that July and August all babies, but outmeal or cornmeal; 2 p. m. broth especially bottle-fed babies, require slightly thickened with farina, 2 to extra care. To keep baby well:

"Keep him out of doors at all stewed prune pulp, 1 to 4 teaspoontimes except when excessive heat makes it cooler indoors.

"Remove all baby's clothing except the flannel abdomen band and diaper.

"Give baby three or four cool sponge baths every day.

"Reduce the average quantity of food given by two-thirds, especially on very hot days. Give large amounts of cool bouled water instead of the milk.

"At first signs of diarrhoea.

"At first signs of diarrhoea, which are the appearance of green."

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"At the signs of diarrhoea, which are the appearance of green."

Thursday, August 15, 1918.

Venus rules for good today, according to astrology, and Mars is in a place read as promising good, while Uranus is adverse.

The sway is most auspicious for good today according to astrology, and Mars is the place read as promising good, while Uranus is adverse.

The sway is most auspicious for the sway is most auspiciou

in a place read as promising good, while Uranus is adverse.

The sway is most auspicious for women who will find many ways of serving their country, the stars pressaging concentration on practical work and new opportunities for training.

There is a sign held to indicate great growth in physical strength for women as well as knowled.

There is a sign held to indicate great growth in physical strength for women as well as knowledge of technical professions. Despite development along lines that have hitherto been exclusively followed by men there will be more romance and love-making than in previous years, it is foretold.

This day is likely to be a fortunate one for theaters and all places of amusement, which will benefit greatly next month.

The goods merchants and towelers

traordinary demand for their wares.

Uranus today is in a place supposed to foment anxiety and suspicion. Under the planet's sinister direction it is well to seek recreation and to avoid initiative of any sort.

Nerves may be unusually sensitive during this configuration, but serenity of mind will do much to prevent undue strain.

Tributes from foreign powers are prognosticated for the President,

prognosticated for the President. Children born on this day may be who will grow in fame through the erratic and careless concerning making public of some piece of money. They are likely to be talremarkable diplomacy.

Venus gives promise of a general

Woodward & Lothrop

Seamless Axminster Rugs A Large and Complete Stock



These Rugs are noted for their many splendid wearing qualities. The pile is deep and firm and closely woven and they are shown in a large range of Oriental patterns in all the wanted colors and many pretty Chinese patterns such as taupe, blue and gold. Also plain colors, with twotone borders in colors of gray, brown, rose, blue and green, in the following sizes:

 $22\frac{1}{2}x36$ -\$2.50. 27x54 -\$3.50 to \$4.50. 3x6 —\$6.00 to \$7.50. 4-6x6-6 -\$12.00 and \$13.50. 6x9 -\$20.00, \$22.50 and \$25.00.

A large range of Hall Runners to match, 27 and 36 inches wide and 9, 12 and 15 feet long. Sixth floor, F street,

9x12 -\$37.50, \$40.00 and \$45.00.

8-3x10-6-\$30.00, \$32.50, \$35.00 and \$42.50.

ontessions

DO WOMEN TIME THEIR PROPOSALS?

Donna abruptly, changing the sub-ject.

"He has not asked me, sir, she that I can subjugate my whole life

Dry goods merchants and jewelers will profit through some unusual circumstance that will cause an extraordinary demand for their wares.

Uranus today is in a place sup-

The Washington

Moof Garden

Mow Open

7:30 to 12 P. M.

Admission by Ticket Only

PROF. RICHARD FOSS,

Driginator of Lillian, the World's Most Famous Hair Restorer. It eradicates dandruff for all time and relieves baldness and

RICHARD FOSS & CO.

or increases stop all feeding, give tablespoonfuls well-cooked only plain boiled water, consult a or rice, taploca or gelatin.

which are the appearance of green white, dry bread; 2 p. m., same as color in the bowel movements, and fretfulness in the child's behavior, cept increased quantities, as \(\frac{1}{2} \) to 15-month-old children exfeduce the amount of milk fed by tablespoonfuls vegetables, and apple half, use skimmed milk, and omit all sugar. If the trouble continues 10 or more ounces milk to drink, 2

times except when excessive heat fuls well-cooked and mashed vege makes it cooler indoors.

ABUNDANT-Tomatoes, peppers, eggplant, snap beans, potatoes

SCARCE-Cabbage, beets, lettuce, oranges, lemons, celery TOMATOES CONTINUE TO POUR INTO MARKET.

TOMATOES CONTINUE TO POUR INTO MARKET.

Tomatoes continue pouring into the market in a steady stream. Nearly every load of produce brought in by the farmers has its quota of tomatoes. They are being sold at remarkably low prices and housewives should be quick to take advantage of the bargains offered and purchase their canning supplies during the next few days. The prices paid by retailers this morning ranged from 50 cents to \$1.00 per box holding about 2 to 3½ pecks. This is equivalent to from 4 to 8 cents per quarter peck as the retailer's cost.

pound basis—the heavier the melon the more valuable it is.

The fair prices to consumers given below cover those charged by both "cash-and-carry" and "credit-and-delivery" retailers. "Cash-and carry" retailers should sell near the lowest figure given. Unless otherwise stated all prices are for products of good average quality. Poorer grades should sell for less.

If consumers are charged on any day prices in excess of those published on that day in the "fair-price-to-the-consumers" column they should immediately bring the matter to the attention of the District of Columbia food administration.

1	of Columbia food administration.		
1	VEGETABLES.	Cost to retailer yesterday.	Fair price to consumer yesterday.
	Beans, snap, ¼ peck. Beans, lima, quart Beets, bunch Celery, bunch Cabbage, local, pound Carrots, bunch Cucumbers, local, each Cucumbers, fancy hothouse, each Eggplant, local, each Lettuce, local, head. Lettuce, local, head. Lettuce, local, dry, ¼ peck. Onions, local, dry, ¼ peck. Onions, outside, dry, ¼ ueck. Peppers, local, each Potatoes, No. 1, peck (15 lbs). Potatoes, No. 1, peck (15 lbs). Potatoes, sweet, No. 1, ¼ peck Spinach, ¼ peck Spinach, ¼ peck Spinach, ¼ peck Sweet corn, large, dozen. Sweet corn, large, dozen. Sweet corn, medium, dozen. Tomatoes, local, No. 1, ¼ peck.	25 a30c 6 a 8c 6 a 8c 3 ½ a 4c 3 a 4c 3 a 5c 6 a 6½ c 5 a 7a 4 a 5c 10 a11c 12 a16c 12 a16c 20 a25c 9 a11c 30 a40c 31 a40c	11
	Apples, best, ¼ peck. Apples, good, ¼ peck. Apples, good, ¼ peck. Bananas, dozen Cantaloupes, local, No. 1, each. Cantaloupes, local, No. 2, each. Grapes, local (4-lb. basket). Lemons, Cal. 432s, dozen. Lemons, Cal. 432s, dozen. Oranges, Cal. Val., 216s, doz. Oranges, Cal. Val., 126s, doz. Peaches, Champion, 4-qt. basket. Peaches, Elberta, 4-qt. basket. Peaches, local, ¼ peck.	4 a 8c 16 a20c 8 a12c 3 a 6 4c 27 a35c 27 a30c 30 a35c 27 a30c 30 a35c 50 a55c 80 a85c 50 a63c 58 a75c	17 a 23c 12 a 16c 6 a 11c 20 a 30c 11 a 18c 4½a 10c 38 a 47c 34 a 40c 38 a 48c 62 a 73c 1.00 a 1.10 64 a 85c 21 a 10c 22 a 40c

Dr. Albert W. Kahl, of Buffalo, N. Y., says: "I have used Castoria in my practice for the past 26 years. I regard it as an excellent medicine for children."

Letters from Prominent Physicians

addressed to Chas. H. Fletcher.

Dr. Gustave A. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children." Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and

prescribed you Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children." Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used

your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."

Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E: Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it." Dr. Edwin F. Pardee, of New York City, says: "For several

years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results." Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingre-

dients are put in them, but I know the formula of your Castoria GENUINE CASTORIA ALWAYS Bears the Signature of In Use For Over 30 Years

The Kind You Have Always Bought

Market Tips for Housewives. under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-Good" are but Experi-Prices to retailers and general market information furnished by Bureau of Markets, United States Department of Agriculture; fair prices to consumers, by the District food administration. ments that trifle with and endanger the health of Infants and Children-

NORMAL-Peaches, cantaloupes, bananas, onions, carrots, sweet

WATERMELONS ARE ABUNDANT AND CHEAPER.

Watermelons have been transferred again to the "abundant" list, due to the large quantities arriving by boat from the west shore of Virginia. The prices are also considerably lower, varying, with the size of the melons, from 20 to 85 cents each. As the size and price of watermelons vary so greatly they will hereafter be quoted on the pound basis—the heavier the melon the more valuable it is.